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## Personal Training Rates

### Members Only

#### Single Person (1 participant)

One (1) 1 hour session-\$70

Six (6) 1 hour sessions  
\$390 (\$65 per session)

Twelve (12) 1 hour sessions  
\$720 (\$60 per session)

#### Buddy Series (2 participants)

Six (6) 1 hour sessions  
\$600 (\$100 per session)

Twelve (12) 1 hour sessions  
\$1080 (\$90 per session)

### Non-Member Rates:

One (1) hour session-\$80  
Non-Members do not qualify for discount

Please note:

It is Harbor Bay Club's policy to charge you for any missed appointments not cancelled at least 24 hours prior to your appointment time.

Pricing is subject to change.

Sessions not used within 3 months of price increase will be subject to increase.

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## Fitness Programs

### Fitness Assessment

One of our Certified Personal Trainers will take you through a series of tests that include cardiovascular fitness, muscular strength, flexibility and body composition. Knowing the results of these tests will give you a baseline on your health and enable you to create a new fitness program or improve upon your current program. Keep these results to measure future improvements. Your Trainer will give you guidelines on programs or changes to improve your fitness levels.

Note: Fitness Assessment do not include a new fitness routine or training.

Approximately 45-60mins is needed for the assessment.

Members: \$40 Guests: \$50

### QuickStart Program

Harbor Bay Club's QuickStart program includes the above Fitness Assessment and a new fitness program based on the assessment results. This is a perfect option if you're tired of your current workouts or you're checking assessment progress from a previous visit.

Approximately 90 mins is needed for this program.

Members: \$90 Guests: \$110

### Body Composition Testing

Includes body fat percentage, lean muscle mass, metabolic rate and other important information for monitoring fitness success.

Approximately 15-20 mins is needed.

Members: \$20 Guests: \$25

Contact Fitness Director, Leslie McGraw at x119 to book services.

## HARBOR BAY CLUB

*Alameda, California*

## PERSONAL TRAINING



Harbor Bay Club  
200 Packet Landing Rd  
Alameda, Ca 94502  
Phone: 510-521-5414  
Fax: 510-521-5535  
<http://www.harborbayclub.com>  
Fitness Director: Leslie McGraw  
Email: [leslie@harborbayclub.com](mailto:leslie@harborbayclub.com)

## Why Personal Training?

Personal Trainers provide exclusive attention, interest and motivation allowing for faster results. Their guidance provides thorough and efficient exercise programs that often reduce exercise related injuries. The programs are refined and updated with each session as your level of fitness improves. All Harbor Bay Club Personal Trainers are Nationally Certified and CPR/AED trained.

Personal Training can benefit anyone. It's perfect for those individuals who have tried to lose weight or improve their fitness levels but need motivation or additional knowledge necessary to go about it safely. Personal Training can enhance the ability to form healthy habits by creating routine times for exercise. You will learn proper form and biomechanics which you can apply to activities in other areas of your life.

Training programs are tailored to each individual's needs and commitment. Programs and exercises will change as your fitness levels and needs change, preventing boredom and keeping you motivated.

It's easy to get started. Select a Trainer and leave a message for them at the Front Desk or on the Personal Trainers voicemail at 521-5414 x 112. They will return your call within 24 hours. If you need help in selecting a Trainer, detailed information can be found on our website: harborbayclub.com You may also contact Fitness Director, Leslie McGraw at x119. She can help match you with the Trainer who is right for your needs.

## Meet Our Trainers

### **Leslie McGraw-Fitness Director**

Leslie has been with the HBC fitness department since 2000. She received her Personal Training certification through the American Council on Exercise (ACE). Further certifications include Yoga through DVY, Pilates Mat through the PhysicalMind Institute and Group Exercise through AFAA.

### **Don Rich-Personal Trainer**

Don has been with the HBC fitness department since 1996. He received his Personal Training certification through the University of California at Hayward. Other programs completed are from the Strong and Centered Mind/Body Institute and Progressive Fitness.

### **Dan Mark-Personal Trainer**

Dan has been with the HBC fitness department since 1997. He received his Personal Training certification through the Aerobics and Fitness Association of America (AFAA). Further certifications include Massage Technician through the McKinnon Institute.

### **Edward Mangonon-Personal Trainer**

Ed has been with the HBC fitness department since 2003. He received his Personal Training certification through the American Council on Exercise. Further education and certifications include a BA in Kinesiology from San Francisco State University and Massage Therapist through the National Holistic Institute.

### **Gayelynn McIlwaine-Personal Trainer**

Gayelynn has been with the HBC fitness department since 2002. She received her Personal Certification through the American Council on Exercise (ACE). She also has a background and education in nutrition, dietary management and nutrition for the elderly.

## Meet Our Trainers

### **Geoff Putt-Personal Trainer**

Geoff has been with the HBC fitness department since 2006. Geoff received his Personal Training certification through the National Council on Strength and Fitness (NCSF). Further certifications include Aqua Aerobics through AFAA.

### **Heidi Dauberman-Personal Trainer**

Heidi has been with the HBC fitness department since 2006. She received her Personal Training certification through the National Council on Strength and Fitness (NCSF). Further certifications include Group Exercise and Cycling from AFAA and advanced studies in Classical Homeopathy.

### **Suzanne Fong-Personal Trainer**

Suzanne has been with the HBC fitness department since 2007. She received her Personal Training certification through the Aerobics and Fitness Association of America (AFAA). Further certifications include Group Exercise and Aqua Aerobics through AFAA with education and background in prenatal fitness, core and nutrition fundamentals.

### **Janet Crandall-Personal Trainer**

Janet has been with the HBC fitness department since 2008. She received her Personal Training certification through the American College of Sports Medicine (ACSM). Further education and certifications include a Master's Degree through the University of California at Berkeley, Health and Fitness Instructor and Exercise Test Technician through the American College of Sports Medicine (ACSM).

### **Daryn Smith-Personal Trainer**

Daryn has been with the HBC fitness department since 2009. He received his Personal Training certification through the National Strength and Conditioning Association (NSCA). Further education includes a BA degree in Kinesiology, Fitness, Health and Nutrition from San Diego State University.